

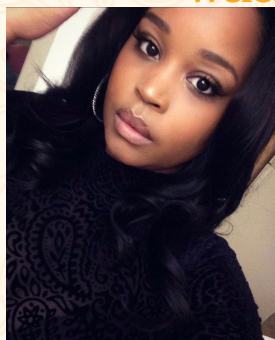


REGENCY PARK

SENIOR LIVING COMMUNITY

730 Maryland Route 3 South • Gambrills, MD 21054 • (410) 923-1200

Welcome Syreeta!



Hello Family and Friends, I am Syreeta and I'm delighted to introduce myself as Regency Park's newest Wellness Nurse. Hailing from Philadelphia, my initial career path was in fashion merchandising, working with the esteemed Victoria's Secret, before I

transitioned into nursing in 2016. On a personal note, I take immense joy in spending time with my charming fur baby, Nola, and my two wonderful nieces. An interesting fact about me is that I play the violin and have a deep appreciation for Mariah Carey's music. I am enthusiastic about growing with my team and establishing connections with each family member and resident, as we strive to create a warm and welcoming home and community for our loved ones.

Check Your Cholesterol

September is National Cholesterol Education Month. Adults over the age of 20 should have their levels tested every four to six years. Assess your knowledge on this subject:

1. What year was the first statin, a cholesterol-lowering medicine, approved in the U.S.?
2. True or False: Eating healthy, fiber-rich foods can lower cholesterol.
3. High cholesterol is connected to what leading cause of death?

(Answers: 1. 1987; 2. True; 3. Heart disease)

September 2025



Five Minutes of Math for a Healthy Brain

Go figure. All it takes to keep your brain healthy and stave off the negative mental effects of aging is five minutes of simple math problems every day.

The simple calculations in a new brain-health program have even been shown to help those with Alzheimer's disease, according to Ryuta Kawashima, a Japanese neurologist. He details his innovative brain-health exercise regimen in "Train Your Brain: 60 Days to a Better Brain."

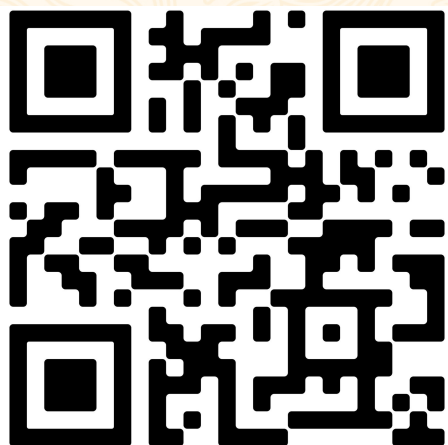
Kawashima fine-tuned this simple program over the last 15 years while researching the brain as a professor at Tohoku University. The idea, he says, is to "work out the brain much like we work out the rest of our bodies."

Kawashima originally set out to prove that video games were good workouts for brains. Instead, he found that quickly figuring simple math calculations activated the largest sections of the prefrontal cortex.

View Our Socials!!



@REGENCY_PARK_ALF



TikTok

Regency.park.alf

Seasonal ABCs

C is for Cooler and Crisper
H is for Heaps of leaves
A is for Amazing colors
N is for New season
G is for Grab a jacket
E is for Enjoy autumn



Community Library Options

Books of September follows the next editions of the Janet Evanovich Novel:

- Hot Six
- Seven Up
- Hard Eight
- To the Nines
- Ten Big Ones

Next month will feature the last four editions so stay tuned.

Birthdays and Anniversaries to Celebrate!

Ms. Pat	Birthday
Ms. Roe	Birthday
Ms. Sylvia M	Birthday
Mr. Raymond	Birthday
Mr. Tom S	Birthday
Ms. Fran	Birthday
Kerry	Employee Anniversary
Bola	Employee Anniversary
Amoy	Employee Anniversary

What's to Come!

Celebrate National Assisted Living Week with us from the 8th to the 12th. The Theme Days are below:

- Monday in Mexico
- Trailin' Tuesday (Camping Edition)
- Wild West Wednesday
- Travelin' Abroad Thursday (Cruise Edition)
- French Friday

On the 19th of September we will be partnering with the Department of Aging for a "Fall Prevention" program to help our residents become more aware of these circumstances and how to handle them.

Rooms for Tour

Looking for a home for a loved one? Or maybe your friends are?

Great news — Regency has rooms available for viewing. Feel free to reach out to our Marketing Director Kate or even give her a call for more details, as well as to have your tours scheduled. Contact details are: kate@regencyassistedliving.com 410-923-1200 ext. 519 or submit a request via our website <https://www.regencyparkassistedliving.com>

Feast Your Eyes on This

A Dutch study linked diets rich in four antioxidants to 35 percent lower odds of developing age-related macular degeneration (AMD), the most common cause of irreversible blindness. Vitamin E and zinc were especially beneficial. Some foods suggested in the study were:

- *Vitamin E*: Whole grains, eggs, nuts
- *Zinc*: Meat, poultry, fish, dairy
- *Beta carotene*: Carrots, kale, spinach
- *Vitamin C*: citrus fruits and juices, green peppers, broccoli.

—Adapted from www.WebMD.com



Getting Ready for Fall!

- **Safety Preparations:** Schedule pre-winter heating maintenance and ensure safety measures are in place to prevent accidents during the colder months. Ensure you are well stocked with necessary emergency supplies such as food, water, medications, as well as non-perishable items (batteries, extra blankets etc.).



- **Healthy Living Tips:** Encourage regular exercise, eat seasonal foods, and maintain social connections to combat seasonal affective disorder. Some seasonal foods to choose from are Apples, Beets, Figs, Dark Leafy Greens and Winter Squash.
- **Fun Indoor and Outdoor Activities:** Plan nature walks, pumpkin picking, fall-themed movie nights, arts & crafts, cooking, baking and other seasonal outings to enjoy the beauty of fall.



The Core of Apple Sayings

A favorite fruit, apples have also become a prevalent part of our language. Here are the stories behind some common expressions.

The Big Apple. New York City's nickname comes from a catchphrase first used in horse racing circles in the 1920s and referred to the area racetracks' big money prizes.

One bad apple spoils the bunch. In the same way one piece of rotten fruit can cause other fruits around it to spoil, one misbehaving person can be a negative influence on everyone in a group. This proverb was used as early as the 14th century

by poet Geoffrey Chaucer.

As American as apple pie. This phrase is used to describe something that is undeniably American, such as blue jeans and the Fourth of July. However, apple pie actually originated in England.

Apple of my eye. Signifying someone who is cherished, this idiom first appeared more than a thousand years ago in Old English texts. Its original, literal meaning referred to the pupil of the human eye, which was once thought to be spherical, like an apple.



Wit & Wisdom

"Encouragement goes straight to the heart and is always available. Be an encourager. Always."
—Roy T. Bennett

"With verbal encouragement, we are trying to communicate, 'I know. I care. I am with you. How can I help?'"
—Gary Chapman

"Who do you spend time with? Criticizers or encouragers? Surround yourself with those who believe in you. Your life is too important for anything less."
—Steve Goodier

"When we encourage others
With no personal motives,
We raise high, very high,
Humanity's progress-standard."
—Sri Chinmoy

"Encourage yourself, believe in yourself and love yourself. Never doubt who you are."
—Stephanie Lahart

"Taking an interest in what others are thinking and doing is often a much more powerful form of encouragement than praise."
—Robert Martin

"The essential support and encouragement comes from within, arising out of the mad notion that your society needs to know what only you can tell it."
—John Updike

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